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Lakes, Bay & Region • July 23 2016

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WHAT'S ON

Our guide to what's on

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www.northlakesmessenger.com.au

REDCLIFFE HIGH SCHOOL'S MUSIC DEPT ANNUAL FUNDRAISING WINE AND CHEESE EVENING

Date: Saturday July 30 from 6pm (doors open 5.30)

Location: Hercules Road State School, Anzac Ave,
Kippa Ring

Cost: \$15 adult, \$12 concession, \$10 children

Showcasing the best of Redcliffe High School's music program in a fun, relaxed evening. Bring family and friends along for a fun night of food, Drinks and quality musical entertainment

NATIONAL TREE DAY MURRUMBA DOWNS

Date: Sunday, 31 July 2016 9:00am to 11:00am

Location: Yvonne Barlow Park, Ogg Road, Murrumba Downs

Cost: Free

National Tree Day is an important event that can improve habitat for native flora and fauna. The event is being held by Moreton Bay Regional Council.

This is a great opportunity to get your hands a little dirty, plant a few plants, and meet your local community. On the day you can also meet your local Environment Officer - Conservation, if you wish to continue protecting and enhancing the North Pine River. Volunteer RSVP to: Wendy Heath Phone: 0409 268 838.

PINE RIVERS MODEL TRAIN & HOBBY SHOW

Date: 6 - 7 AUGUST, 2016 , 9am to 4pm

Location: Strathpine Community Centre, 199 Gympie Rd, Strathpine

Cost: \$7 Adults, Conc. \$6 ; Child \$2, Family \$17.

Annual event for the Railway Modeller's Club of Qld, showcasing various hobbies to the public. There will be 30 layouts, displays and retail outlets at the show. There is also a canteen for food and drinks.

UQ ST LUCIA OPEN DAY

DATE: SUNDAY, 07 AUGUST 2016 9:00 AM - 3:00 PM

LOCATION: UQ Centre, St Lucia Campus

Cost: Free

Learn how to plan a successful QTAC application, hear about scholarships and exchange opportunities and get tips from current university students. Visitors to Open Day can explore the St Lucia campus, check out the world-class facilities, learn more about the unique courses and career options at the UQ Centre information hub, meet inspiring teachers and staff and experience the vibrant campus lifestyle. More info: www.uq.edu.au

QUT DRAGON BOAT REGATTA 2016

Date: 13 August at 8am-3pm

Location: Southbank Cultural Forecourt

Cost: Free

South Bank's Cultural Forecourt will come alive with the sound of beating drums as teams race down the river during QUT's annual Dragon Boat Regatta on Saturday 13 August from 8am - 2.30pm.

Enjoy food trucks brought to you by The World Food Markets from 10am - 3pm, live entertainment, Hava Ball and a free petting zoo at this family friendly event!

If you're keen to register a team of 20, express your interest at: bit.ly/QUTDragonBoat2016_TeamEOI

Join the Paddlers event page for training and racing updates: bit.ly/QUTDragonBoat2016_Paddlers

THE Messenger

Now in its twelfth year, the Messenger is your free weekly publication. Wholly owned, operated and produced locally. Proudly independently published.

ABN 129 5493 7979.

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NEWSROOM/EDITORIAL/SUBMIT A STORY

The Messenger is dedicated to the community and we welcome contributions from residents, community groups, schools, sporting groups, the private sector and institutions of higher education. Email your reports and pictures to Editor Dan Fidler via:

editor@northlakesmessenger.com.au

ADVERTISING

For all advertising rates, specifications, templates conditions and bookings please contact Advertising Manager Jodi Doe on **3881 3322** Tuesday to Thursday. Other times please call **0488 112 822** or email:

adz@northlakesmessenger.com.au

Please note:

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- All advertising is to be pre-paid.
- Advertising deadline (including Classifieds) is 12 midday Thursday one week prior. Incomplete art due Tuesday midday one week prior.

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observing the requisites and disclaimers printed on their relevant pages.

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Stressed out?

Screen fixated Aussies find a prescription for health, happiness and fulfilment in 10 minutes

In today's time-poor and technological world, people are increasingly turning to electronic devices and social media to try to improve everyday wellbeing, with 51% of Australians saying that they visit social media sites as a way to manage their stress.

In fact, this behaviour can increase feelings of stress, depression and social isolation, yet stopping to smell the roses may be the solution.

Nature has overwhelmingly been shown to reduce stress, with just 10 minutes' spent outside in a natural environment resulting in a significant reduction in blood pressure and an improvement in mental health and wellbeing.

Released in the lead up to National Tree Day on Sunday 31st July, these results are being published in Planet Ark's Adding Trees – A Prescription for Health, Happiness and Fulfilment report, sponsored by Toyota Australia.

The report examines the benefits time in nature has for five areas of life that Australians consider the most important for achieving a fulfilling life – health, happiness,

National Tree Day is July 31

Find your local event at
www.treeday.planetark.org/find-a-site/

See our What's On page for details on the Murrumba Downs event



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learning, relaxation and relationships.

The research illustrates that nature has medically and scientifically beneficial effects that enable people to grow healthier, happier, brighter, calmer and closer. When people experience positive emotions and interactions in important areas of their everyday lives, they are significantly more likely to feel that their life has value, meaning and fulfilment.

Associate Professor Tonia Gray, Specialist in Pedagogy and Learning at Western Sydney University, says our nature-estranged lifestyle can be directly related to our over-reliance on screen time over green time.

"Our choice of indoor, sedentary hobbies, tethered to screens and electrical outlets like computer games, Wii, Nintendo, iPads, social media, or television is inextricably linked to the problem," she says.

"Yet we now recognise the importance nature connectedness as a determinant of health and wellbeing."

Spending time in nature induces positive feelings such as relaxation, calmness, self-worth and enjoyment through a number of physiological mechanisms, including activating the brain's dopamine reward system.

The report revealed that 86% of Australians who have a close connection to nature are significantly more likely to consider themselves happy in life overall.

People who engage in daily outdoor activities also report higher levels of wellbeing, with the research showing time in nature reduces a person's chance of developing a range of diseases, including diabetes by 43%, cardiovascular disease and stroke by 37% and depression by 25%.

Engaging in outdoor leisure activities reduces anxiety and triples a person's chance of

nature has medically and scientifically beneficial effects that enable people to grow healthier, happier, brighter, calmer and closer

having a restful night's sleep, with greater benefits observed in people with higher levels of stress.

Even employees who have contact with nature during their workday, such as taking lunch breaks outside, report significantly reduced stress and stress-related health complaints.

In particular, time outside in natural environments is important for young people, with 60% of teens feeling brain 'burnout'

from constant connectivity of social media.

The research showed students who take part in outdoor learning programs perform better in reading, writing, maths and science, with 77% of teachers reporting student improvement in standardised tests.

Clinical psychologist Andrew Fuller says incorporating anxiety reduction methods into school years is essential, as 52% of students feel under strain.

"Students' brains grow quickly when they are challenged to be curious and creative," says Fuller.

"One of the best ways to accomplish this is to involve young people in projects that make a difference in the world, such as community events like National Tree Day."

National Tree Day Manager Debbie Agnew says the research shows that a "prescription" for adding nature into the lives of Australians can help them enhance many aspects of their lives.

"In this digital age, Planet Ark is encouraging everyone to take 10 outside and connect with nature. Participating in a National Tree Day activity in your community, workplace, school or backyard is a great way to reconnect," she says.

For more information and to find your nearest Tree Day site, please visit treeday.planetark.org or call the National Tree Day Hotline on 1300 88 5000.



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Main Roads and Road Safety Minister Mark Bailey said the government had committed \$22.6 million, almost two thirds of the funding for this vital project.

"The \$37.5 million upgrade involves installing traffic lights at the intersection of Deception Bay Road and Anzac Avenue to cater for the more than 35,000 vehicles which use the intersection each day," Mr Bailey said.

"These works will relieve traffic congestion by increasing capacity and reliability for road users, while also providing a safer intersection for pedestrians and cyclists.

"Earlier this year I announced that the Palaszczuk Government would meet the \$11 million shortfall left by the Federal Government, because we know just how essential this update is to improve safety and traffic flow.

"This commitment makes us by far the largest contributor to the project, and means we're able to get construction underway and get on with the job of delivering improvements to this key intersection."

Member for Murrumba Chris Whiting said the upgrade would improve access to the new Rothwell station, one of six new stations on the Moreton Bay Rail Link.

"The Palaszczuk Government have worked to ensure delivery of this upgrade as soon as possible," Mr Whiting said.

New Rothwell intersection on the way

Motorists will benefit from a new a signalised intersection, as works has begun to replace the existing roundabout at Rothwell's busiest intersection.



"The community will see early works beginning immediately, which will include installing traffic controls, clearing vegetation and relocating services.

"An average of 110 direct jobs will be supported over the life of the project. And construction expected to be completed by late 2017."

Member for Redcliffe Yvette D'Ath said the local community can now rest easy knowing shovels are already in the ground.

"When complete, the Rothwell Intersection Upgrade will ensure local residents and those travelling through to the wider region can do

so safely and efficiently," Ms D'Ath said.

"Currently, there are no provisions for cyclists and pedestrians crossing the roundabout and this upgrade will improve active transport options, which are also expected to increase when the rail opens."

The \$37.5 million upgrade to the Deception Bay Road and Anzac Avenue and intersection is jointly funded, with the Queensland Government committing \$22.6 million, the Australian Government \$11.7 million and Moreton Bay Regional Council \$3.2 million.

For more information, visit www.tmr.qld.gov.au/rothwellintersection.

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I can see a society where telecommunications has robbed people of the ability to relate to others,

Hi Leonie,

I have just had my daughter and teenage grandchildren stay for part of the holidays and I am ropeable with those kids' manners. Dinner time was a farce with no manners or conversation.

The grandchildren either grabbed something with their bare hands and headed to the TV set or they sat at the table texting or trawling the internet instead of eating like normal human beings and talking to the adults. They don't even look up when the shove things in their mouths not to mention that God awful ping that goes on constantly upsetting the dog and to tell you the truth upsetting my nerves.

My husband asked that they put their phones away a few times and he was met with eye rolling and defiance. We asked our daughter to do something about this disrespect and she tells us that this is normal and they are all doing this.

I actually watched my granddaughter when we were at the markets and she held her phone in front of her texting the entire time, not looking where she is going and was totally disinterested in the stalls, the seaside and us.

I am so angry that for one, my daughter thinks that this is OK and for two that children are being raised like zombies that don't even know how to hold a conversation.

Really I wonder how these kids are going to function in the world. Fair enough that I can't change what they do with their lives but am I asking too much for them to participate with us instead of their phones at the dinner table and not grab food like savages?

You know the eldest boy does this thing where when I or his grandfather asks them to put away his phone, he shoots a look at his mother and rolls his eyes as if to say "get these oldies off my back."

My husband's says that he won't have them over if they act like this and I am feeling the same way.

My daughter says that this is their culture and we can't expect them to live in the seventies and eighties but I see other families out with teenagers and this is not going on like it does with my grandchildren. My daughters says that we should stop making a big deal of this behavior and just let it go but this goes against everything I and my husband know about manners and how to respect your elders.

How would you handle things? Would you stop having the grandchildren over?

Deborah/Freshwater

Hi,

This is a very upsetting problem that has infiltrated most family homes. Children and youths need manners to avert anti social behaviours and a tendency to disregard rules and respect for themselves and others. The only way to put some boundaries around these behaviours is to have non negotiable rules. In your case your grandchildren don't live with you and your daughter seems to be unmotivated to demand manners and respect regarding social media and the use of devices.

If I were you I would not ban the grandchildren from coming, but I would make it clear that if they choose to come they would be in my home under my rules. I suggest that by leaving it up to your daughter and grandchildren as to whether or not they can operate under your code of ethics, you can avoid being accused of shunning them or telling them they are unwelcome. You have only told them what is expected in your home. So they have a choice.

Either way you are better off because their behaviour is upsetting you and it will continue to upset you not only because you believe (as I do) that they are being disrespectful and rude, but also you are experiencing stress related to your home and boundaries being taken out of your control. When I see people like your granddaughter walking up the street with their head in their phones it makes me think that they are choosing to become disabled. They are choosing to not be aware of their surroundings, their immediate safety or even care if they slam into to other people such as the elderly or prams. I would love to see the police start to fine these people as they would for Jay Walking or drink driving. We all have to accept that times are changing but I feel that we can still expect respect.

I believe that we are going to see a severe drop in the level of communication skills among people over the coming years. I can see a society where telecommunications has robbed people of the ability to relate to others, correctly interpret what is being conveyed, gauge whether or not someone is sad, happy, content or in need of help. This will prevent people from being able to build relationships and bond with others.

Dr. Albert Mehrabian, the author of Silent Messages, undertook multiple studies on non verbal communications and found that ninety three percent of communication is non verbal. So we glean ninety three percent of information from noticing body language, facial expressions and pauses injected into speech and 'body to speech' incongruence. If our children don't learn to interact with others face to face in the moment, how can they possibly learn to read people accurately and form human bonds?

With this in mind, I think that we should all be asking our children to put away phones and other media devices when having family meals and when visiting, watching movies or playing games. What you are asking for is what we all should be asking for and that is for our family and friends to be fully present with us, put their phones away and learn social etiquette.

I feel you should stick to your guns on this matter and let the chips fall where they may. It's your home and you and your husband have every right to dictate what behaviours you will tolerate from those who stay with you.

Til next week, Leonie

E-mail: leonieschilling@bigpond.com

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Have a conversation with your GP this National Pain Week

BY DR ANITA, BRISBANE NORTH PHN

National Pain Week (25-31 July 2016) is a chance to de-stigmatise the experience of chronic pain and encourages people in pain to seek support from their GP and health team to manage their condition.

Most of us think of pain as a result of an injury or disease. We expect it will go away once we have medical treatment or the injury heals. For many people, this is the case.

For others, the pain doesn't go away. In some cases, you can have pain even without an injury or obvious body damage. This ongoing type of pain is called chronic pain.

Chronic pain affects one in five Australians, including children and adolescents, and one in three people over 65. One common type of chronic pain is back pain and in particular low back pain, which according to the 2014 Health of Queenslanders report, accounts for 13 per cent of the disability burden in Australia.

People with muscle, bone and joint conditions are more likely to have employment restrictions such as being unable to work, needing special assistance in the workplace and being restricted in the hours of work they can undertake.

The report also notes that of those Australians aged 15 to 64 years with back problems, 80 per cent experienced employment restrictions.

Chronic pain affects one in five Australians, including children and adolescents, and one in three people over 65

Chronic Pain Australia's annual National Pain Week event marks an opportunity to acknowledge the invisible challenge of chronic pain and encourage people to have a regular GP and health team who can support them with their pain.

It is important that your healthcare team includes your GP and other health professionals who know about chronic pain and how to treat it. You should feel confident that these health professionals believe you are in pain, listen to your concerns and encourage you to ask questions.

NPS Medicinewise suggests developing a personal pain management plan with your GP.

This plan could include exercise, activity management (e.g. pacing of tasks), cognitive

therapy to help you think more positively about your ability to manage your pain, behavioural management (e.g. relaxation) and medicines management as needed.

On the NPS Medicinewise website you can also access a free chronic pain communication tool which helps provide a better picture of your chronic pain. When you complete the tool, you will receive a printout or PDF of all the things you'd like to talk about with your health professionals, as well as access to chronic pain information, tools and resources relevant to you.

The tool was developed in consultation with Chronic Pain Australia, Arthritis Australia, Pain Australia, Australian Pain Management Association, GPs and people living with chronic pain.

For more information about the tool, visit www.nps.org.au and search for chronic pain communication tool.

For more information about National Pain Week (25-31 July 2016), visit www.nationalpainweek.org.au.

ABOUT DR ANITA

Dr Anita Green (MBBS, MSpMed, FRACGP, FASMF, FAICD) has 30 years experience in both the primary care sector as a general practitioner and in the tertiary care sector with Queensland Health. She has a long-term commitment to undergraduate and postgraduate education, for medical and allied health professionals, and is involved in teaching and research at the University of Queensland.





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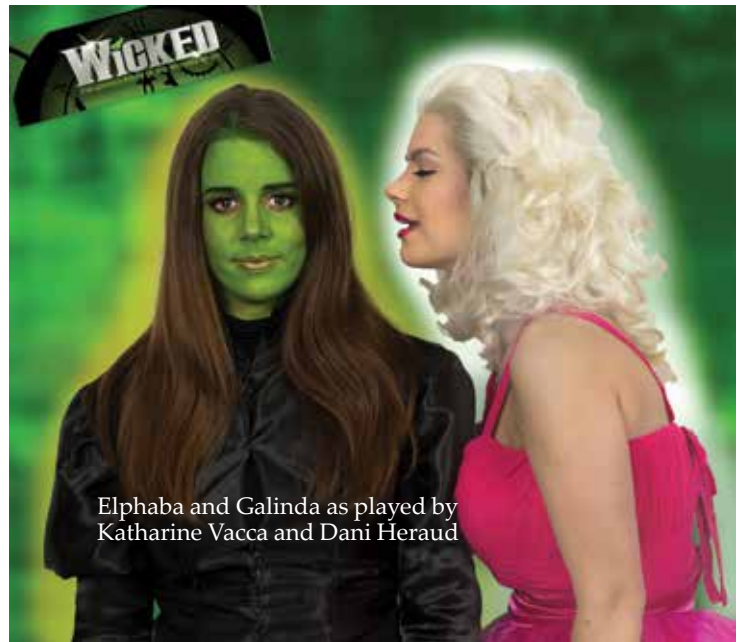
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Entries close Tuesday July 26 and winners will be
notified July 28 (so don't forget to include your
contact details).

About the prize:

The Family tickets are inclusive of two adults and two children and
are valued at \$179.60 each.

*Can be used for any performance except opening night Friday
29th July

*Cannot be used with any other special offer

**WICKED plays the Redcliffe Cultural
Centre July 29 - August 14**

Privacy Statement The Messenger complies with the Australian Privacy Act 1988 in
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The ROAR!

A Roar from the North Lakes Lions Club Den with Chris Doyle

Hello again and a hearty, but chilly welcome to the 2nd half of 2016.

There's much movement in the den of the North Lakes Lions Club at the moment, as the new board members settle into their respective roles, after our annual club change-over which took place on Saturday June 25th.

The knowledge that each officer has big shoes to fill after the tremendous 2015/16 year at the club, under the leadership of President Lion Tim Burgess and his board, is foremost on their minds.

Last year along with previous years, the bar has been set high and this year is no exception. We have another outstanding board, who will (no doubt) perform at a high level and will be led by President Lion John Paul.

This 2016/17 year will be quite a significant one, (as I'm sure most regular readers of this article will be aware) as our club has been charged with the responsibility of hosting the District Lions Convention to be held at North Lakes, on the October long weekend.

Proceedings will commence on Friday the 30th of September through to Sunday the 2nd of October. There will be some things that locals will find most educational and interesting, including our Youth Forum on the Sunday morning. This event will be held at the North Lakes State College Sports Stadium, in Innovation Place. Please feel free to join in the festivities and participate in the many events that we will open to the public.

I will be making everyone aware through The Roar, of times and locations etc. closer to the commencement date.

The Gala Ball will be held this year at the Norths Leagues and Services Club Kallangur, on Saturday night the 1st of October.

This event has the theme "Fire & Ice", dress is formal and we will be entertained by Simply 3, a local trio featuring Michael, Marilyn and Jama with their sensational vocal harmonies and dynamic dance music.

Congratulations to the Lions Club of Samford who back in April, won the title of "THE HAPPIEST LIONS CLUB IN AUSTRALIA" for 2016. After our popular win last year, (as our club will be celebrating its 10th anniversary in 2017), we will again be submitting an entry to hopefully win back the title.

We are very conscious in our club of having the right mix of work and play. It's always great to get out and about as a group and simply have some fun and enjoy each other's company. With that in mind, our Social Director is hard at work compiling an attractive outings calendar.

We will also enjoy a high public visibility at Bunning's and Masters North Lakes stores again this year, so please come and say hello, and enjoy a sausage sizzle, when you see us working.

Lastly, if you're new to North Lakes, joining our Lions Club is a terrific way of making new friends and integrating into the community. We try to make our meetings pro-active, interesting, including informative guest speakers, great food and above all, a happy and social atmosphere.

You can become a member of the North Lakes Lions Club by phoning our Membership Officer Lion Greg Milne directly, on 0449 294 734. He'll answer any initial questions and invite you to our next Dinner meeting.

Till next time, Lion Chris.

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What's Cooking in the Gardens

- Sunday 7 August 2016 at the Redcliffe Botanic Gardens
- Gold coin entry

Moreton Bay Regional Council is putting the finishing touches on the 2016 iteration of the popular 'What's Cooking in the Gardens?' event - the year's most colourful celebration of food, lifestyle and sustainability.

Mayor Allan Sutherland said the event, set against the beautiful natural backdrop of the Redcliffe Botanic Gardens, will feature some of Australia's most recognisable faces.

"This year, we'll be joined by Australia's most famous gardener - Don Burke, and Celebrity Chef Matt Golinski!" Mayor Sutherland said.

What's Cooking in the Gardens was established in 2003 as part of the Botanic Gardens Master Plan, as a way of raising public awareness of the great new venue.

"Friends of the Gardens suggested a 'Green Wattle Day' with native plants for sale, which council thought was a great idea, so we worked with them to develop it into an event that catered to a broad range of interests," Mayor Sutherland said.

"The event was designed to include cooking demonstrations, gardening speakers, handmade markets and workshops. Once the planning was done, What's Cooking in the Gardens was born and it has proven to be a very popular community event ever since."

"In recent years, the event has maintained a strong community focus, promoting many local art, craft, herb and garden groups. We had 8,000 people attend the event last year, and expect just as many, if not more this year."

"Last year's event actually provided a particularly special moment in the history of What's Cooking in the Gardens - when we opened the Redcliffe Botanical Gardens nursery!"

What's Cooking in the Gardens is held on the first Sunday in August. Mayor Sutherland said the event formula had remained pretty much the same since it began 13 years ago.

"While the event has grown in size and prominence over the years, we have ensured it has kept its community focus," Mayor Sutherland said.

"Of course, with more people attending we have been able to expand what's on offer, like the inclusion of Eco Friendly and DIY workshops, quality handmade art/craft market stalls and roving entertainers."

Mayor Sutherland said a few new elements had been included in the 2016 What's Cooking in the Gardens program.

This year's event will include a farmers market selling fresh produce from regional suppliers

Whether you like cooking, eating, crafting or gardening, there will be something you love

"This year's event will include a Farmers Market, where visitors will be able to purchase fresh, local ingredients from regional suppliers in the setting of the beautiful Redcliffe Botanic Gardens," Mayor Sutherland said.

"We'll also have a DIY Stage for crafts, where kids and adults will have the chance to learn new skills from our expert presenters. There will also be a free pot plant workshop, which will provide participants with seedlings that they can take home and plant!"

Division Six Councillor Koliana Winchester said What's Cooking in the Gardens really would have something for everyone in the family.

"Whether you like cooking or eating, gardening or crafting, there will be activities and presentations that you will love. The program for this year's event looks great - there's lots to learn, look at and love!" Councillor Winchester said.

"For the little ones, the Little Grubs stage



will provide the perfect introduction to gardening, cooking and craft. It could be the start of a life-long hobby for the youngest member of the family."

"And, for the adults, our other stages will feature some house-hold names, including Don Burke, Matt Golinski and My Kitchen Rules contestants Nelly and JP."

Division Five Councillor James Houghton said What's Cooking in the Gardens gave local people an opportunity to support local small businesses.

"The stallholders at the event are all from the Moreton Bay Region, and so are many of the presenters. So, it gives local small businesses a chance to promote their produce and get their names out there," Councillor Houghton said.

"This event also highlights the hidden gem that is the Redcliffe Botanic Gardens, a beautiful space that you will want to visit again and again."

What's Cooking in the Gardens is an affordable day out for the family - with the price of entry set at just a gold coin. Visitors are encouraged to park at the Redcliffe Showgrounds on the day. A shuttle bus will be provided to transport guests to and from the showgrounds to the Redcliffe Botanical Gardens.

For more information about What's Cooking in the Gardens, visit <http://www.whatscookinginthegardens.com.au/>



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Your Stars



Aquarius Jan 21-Feb 19: You have no patience for square pegs this week. If they don't at least try fitting into their round holes, then you'll call the whole thing off.



Pisces Feb 20-March 20: You're entering a creative period where you'll want to get your ideas down on paper. You'll find your mind will be busy for quite some time yet.



Aries March 21-April 20: A new moon in cancer reminds you of how precious family is. Take a break from the arena and enjoy time with your loved ones.



Taurus April 21-May 21: You hear about a deal that's too good to be true, but the offer is legit. The seller is cash shy and needs money fast.



Gemini May 22-June 21: You'll soon be approved for a loan, a lease or something along those lines. It's just the break you need at a time when you can use it.



Cancer June 22-July 23: New moons are the best time to start things. Anything begun this week will yield amazing results.



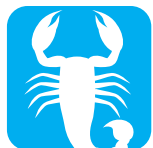
Leo July 24-Aug 23: People will be calling in favours over the next month or so. Don't treat them lightly or blow them off or you'll run into some serious trouble.



Virgo Aug 24-Sept 23: You're getting better at reading moods. In a world of emails and text messaging, it's not always easy to read the face behind the emoji.



Libra Sept 24-Oct 23: You'll soon meet with someone who will promote your interests. This person will recognise your untapped potential.



Scorpio Oct 24- Nov 22: What begins as a pleasure trip turns into so much more when you find the place where you feel like you belong. You'll return again and again.



Sagittarius Nov 23-Dec 21: Stop looking at fancy titles because the person who can make your dreams come true money wise is close at hand. He's not much to look at, but he's loaded.



Capricorn Dec 22-Jan 20: Don't misread signals. This person who comes across as loud and boisterous, but they are quite shy underneath.

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Disclaimer: The opinions expressed here are not necessarily the opinions of the Messenger. Your submission will be published at the Editor's discretion. We reserve the right to withhold personal, business and organisation names contained in submissions. These submissions aren't edited for grammar, punctuation or spelling to retain the authors original intent.

Not Very Neighbourly

What type of person steals potted plants from someone's front yard ! What kind of low life does this? Two large black plastic pots with Dragon Trees, that we have been growing for 6 years were stolen from the front garden of the property we are renting in Satinay Parade, North Lakes, during the night or early morning of the 7th or 8th of July.

Please if any one has seen any thing or notices their neighbour planting two large Dragon trees recently could they notify us or the North Lakes Police.

There must still be honest people out there? Really???

Thank you,
VN

Dakabin and D'Bay Dump

Regarding letter from SR about the Dakabin Waste Facility. I had to have a quiet giggle to myself, no disrespect intended, as they say, but for residents of Deception Bay, having lived here for the last 30 plus years, we have had this smell wafting over for years.

North Lakes, is just across the road from where the old Lipscomb Road Dump used to be, of course there are going to be smells from both areas. Unfortunate for residents, but a fact of life. We have rubbish, its got to go somewhere. Waste facility is just a fancy name for dump.

Jodie.

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Hot Stone Massage

Written by Cherisse Buckland, Manager and Beauty Therapist at Zen Chi Natural Therapies & Wellness

"The Hot Stones glide over your oiled flesh like molten silk, the heat seeping deep within your muscles."

"Outside, a chill south-westerly wind beats against the glass door panels, but you don't notice as the sweet-smelling of essential oils send you off into la la land, the only other sound is an occasional low pitched sigh."

For undiluted massage pleasure, a Hot Stone massage is undeniably on another plane.

Hot Stone massages are a unique style of massage that incorporate smooth, heated stones that aid in relaxation, warming up tight muscles and releasing deep tension more quickly.

The therapists will use the stones as an extension of their own hands, or by placing the stones directly onto the body.

Hot stone massages have many benefits for your mind and body. After this style of massage, your muscles will effectively have been relaxed, any pain you may be suffering from is likely to be relieved, your blood circulation is increased therefore promoting nutrients to your cells, toxins are removed from your body and the natural flow of energy will be freed.

Furthermore, it can also aid in stress management, improve sleep patterns and feeling of tranquillity and happiness. The heat used during the massage also allows for greater absorption of essential oils, making the separate benefits of the oils even more significant.

As the stones are heated, the massage also has the benefits of thermotherapy.



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A NEW tutoring business has opened in Kallangur and the leaders are ready!



Maths, English and Science, ESL are just some of the subjects covered at Five Beams Education.

Sharyn is the English leader and she has more than 20 years of English tutoring experience and Krishna is the Maths leader who has more than 35 years of experience in Maths and Science areas as an educator and engineering consultant.

Tutoring is offered before and after school and weekends. A transport service will be able to take students to school after a morning tutoring service.

"We really hope the before school tutoring is something that helps families with time management," Sharyn said.

"I have a daughter and I know how little time there is in the afternoons with other activities."

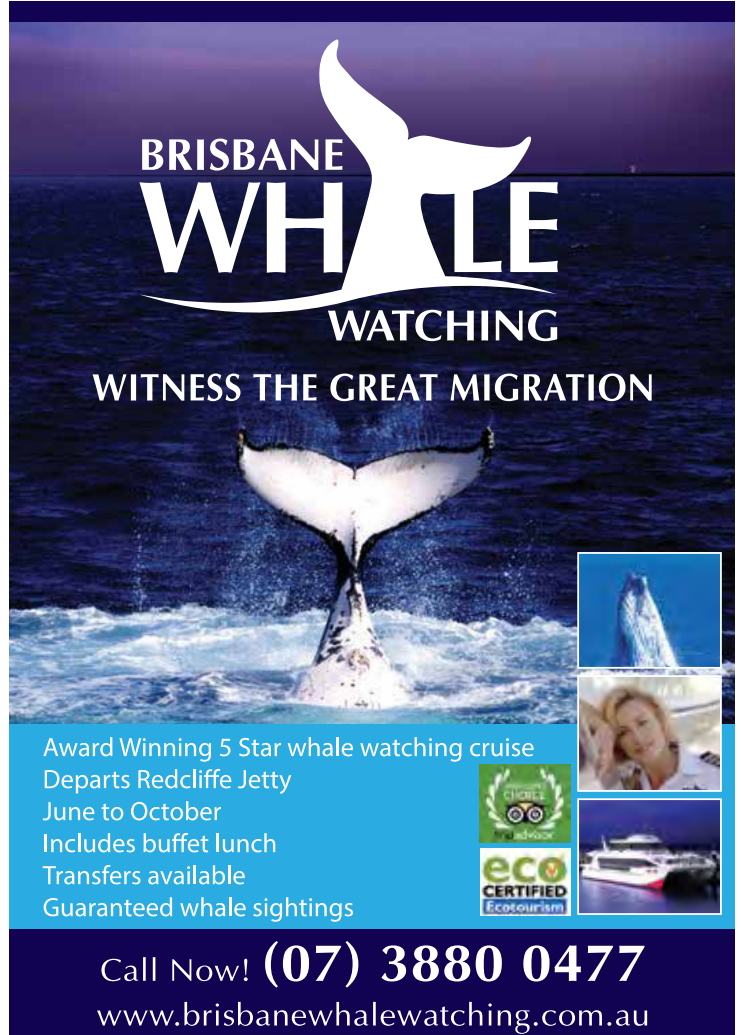
Dr Krishna: "During the assessment, we are also able to suggest a possible career path plan for your child, depending on their clear strengths and abilities."

The latest in technology is also offered and there is a training facility to run group tutoring sessions or available for hire for outside community groups to use.

Children are assessed, free-of-charge and are placed in single tutoring sessions or groups sessions, depending on their needs.

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Sky's the limit for Queensland timber construction

New timber building products to deliver tall timber building

Queensland's Forestry Minister Leanne Donaldson recently opened a research centre at the University of Queensland to develop the use of timber in high-rise construction.

"The Palaszczuk Government is investing \$1 million in a collaborative project with UQ, the Australian Research Centre and key industry players to create the Centre for Future Timber Structures," Minister Donaldson said.

"The centre's mission is to engineer new timber building products, deliver tall timber buildings and transform Queensland's timber industry in the process.

"Many Queenslanders live in timber buildings, but timber is sparingly used in

high-rise constructions and this exciting collaboration is out to change that.

"The Centre will focus on engineering solutions that address the current barriers to the use of structural timber in tall buildings."

Minister Donaldson said although wood was an ideal construction material, with significant environmental and economic advantages over concrete and steel, Australian construction authorities were cautious about its use.

"I am advised one of the issues restricting the use of timber is a poor understanding of how fire risk can be minimised.

"The team assembled at the Centre includes product manufacturers, fire safety engineers and structural engineers who will work together to ensure Queensland leads the world in the increasingly competitive tall timber engineering market.

"Researchers are already working closely with Queensland Fire and Emergency Service to ensure the inherent fire safety of timber products and construction."

The Palaszczuk Government's \$1 million in funding has been matched by the University of Queensland. Private sector partners are

Queensland-based timber processor Hyne Timber, global engineering firm Arup Engineering and major building company Lendlease which has already constructed high-rise timber buildings in Melbourne.

The Australian Research Council is providing an additional \$1.5 million to the project.

"This is all about advanced innovation. The Centre is developing products using techniques from the aerospace industry to greatly improve the strength of timber products and work is under way on the use of robotic construction to dramatically increase construction speed, reduce weight and cut waste on site.

"Increased acceptance of timber construction in medium to high-rise structures would be a major boon to Queensland's forest industries and that's why this project is attracting so much interest and good will," the Minister said.

Researchers from the Department of Agriculture and Fisheries Forest Product Innovation team at the Salisbury research facility have been instrumental in establishing the centre of excellence and will work closely with scientists from UQ and elsewhere.



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For Sale



North Lakes 7 Tea-tree Place 3 2 1

Classic Cottage

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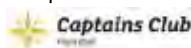


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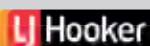
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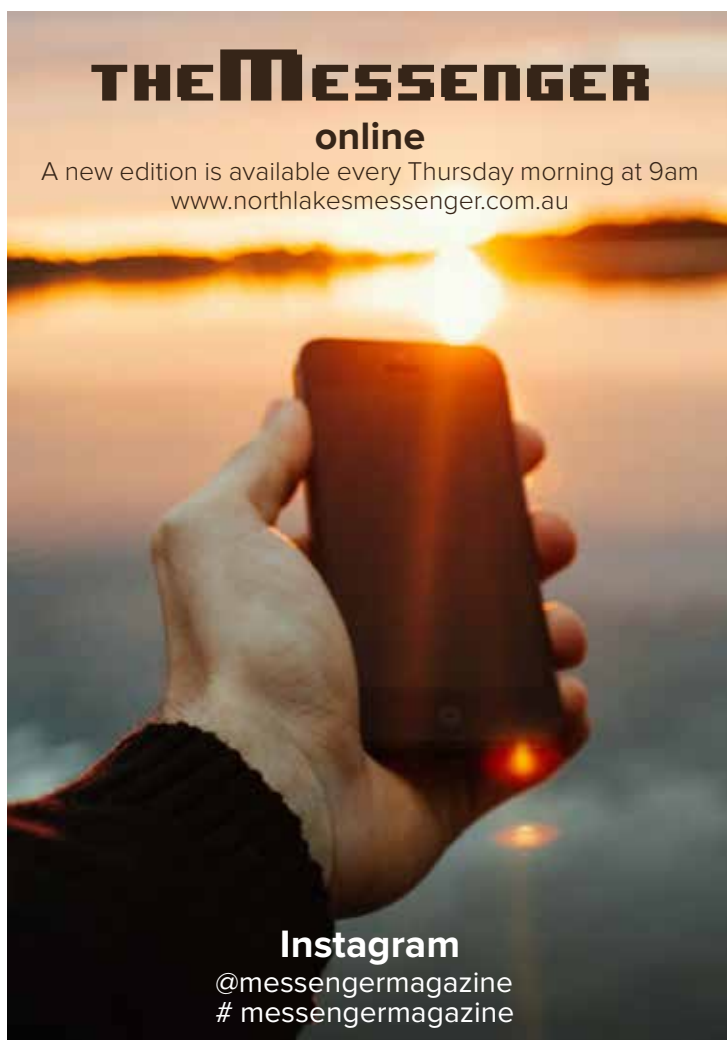


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Local residents are invited to head to Bunnings Warehouse North Lakes on weekends throughout August to receive expert advice to improve their D.I.Y. skills through a range of D.I.Y. Workshops.

Every Saturday and Sunday throughout August, local team members from Bunnings Warehouse North Lakes will host free D.I.Y. workshops for adults and kids, providing residents with helpful tips for their next D.I.Y. project.

Bunnings Warehouse North Lakes, Complex Manager, Kristen O'Callaghan said the August workshops, which include Painting & Plastering, Home Organisation and Indoor Project D.I.Y. Workshops, are a great opportunity for residents to come in and learn new D.I.Y. skills, helping improve their confidence.

"Our team members are always on hand to assist local North Lakes residents with tips and tools to help them complete their next D.I.Y. project".

Free Kids D.I.Y. Workshops will also run each weekend throughout August with fun themed workshops including Art Class, Decorator, Garden Craft and Game Maker Workshops, as well as many more.

Kids D.I.Y. Workshop times vary so please contact Bunnings Warehouse North Lakes for times

Find Bunnings Warehouse North Lakes at 18-28 Cook Court, call 3293 6900.

Saturday 6 August and Sunday 7 August Indoor Project D.I.Y. Workshops

An expert team will give you advice and information on how to kick start your indoor projects

Saturday 13 August and Sunday 14 August Painting & Plastering Workshops

Get tips on painting and plastering for your next D.I.Y. project

Saturday 20 August and Sunday 21 August Home Organisation D.I.Y. Workshops

Enjoy a clutter free home with expert advice on home organisation

Saturday 27 August and Sunday 28 August Kitchen, Bathroom & Laundry D.I.Y. Workshops

Learn how to improve the look of kitchens, bathrooms and laundries



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Please note we will no longer be offering classifieds after this edition. For more details see page 6

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North Lakes Community Women's Group Inc. News

Written by Sam Stevens Publicity Officer NLCWGI

By far one of our most entertaining guest speakers, Brian Herd, a partner with Carne Reidy Herd, spoke to 70 of our guests and members about Elder Law, (law relating to older people). Brian's presentation covered Personal Events Management; Taking Control; Investing in Yourself; Your Will is Your Wish; Family Implosion; Death Benefit Nomination forms; Legal Ignorance is a Disaster; Why You Should Have an Enduring Power of Attorney; Advanced Health Care Directive; and much, much more. Although these topics are dead serious Brian had everyone in fits of laughter as he expounded on Elder Law with some true life instances that really hit home with his audience.

Thank you Brian, your presentation was warm and personal and certainly meaningful. Ph: 3236 2900: bherd@crhlaw.com.au

Tuesday 26th July 08:15 BUS TRIP – XMAS IN JULY. The Heritage, MT TAMBORINE. The bus will leave North Lakes Bus Station at 08:15 and Masters car park at 8:30. We will be stopping for one hour in the famous Gallery Walk prior to moving on to our lunch venue. If you require further details please contact Carmen. www.theheritage.net.au

Tuesday 2nd August 09:45 MONTHLY GENERAL MEETING. This is our usual gathering of members and visitors as our Executive Committee run through our agenda, look for ideas, enter into open dialogue and take votes on certain venues. These meetings are the corner stone of our ongoing weekly events and involvement in our local community.

Tuesday 9th August 09:45 IN-HOUSE ACTIVITY – Always a fun meeting with a good attendance and a lot of interaction. TBA

Our meetings are open to all women in North Lakes/Mango Hill – Moreton Bay district. Please refer to our listing under the Community Notice Board. For more information contact Julie, 3886 4552; Colleen, 0418 658 442; Carmen, 3491 9410.

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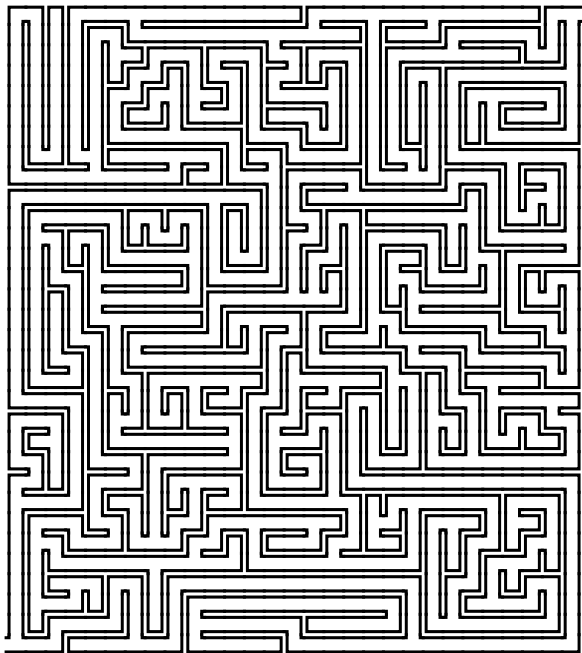
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Sudoku

	7		3	6				
	6		4		5	7		1
5		9			7			6
	3						9	
9								4
	1						7	
4			1			2		5
8		6	5		3		1	
				2	6		4	

Amazing Mazes



Crossword Solution from last issue

A	G	H	A	S	T			M	A	L	L	A	R	D	
T		E		A		C		I		E		G		E	
H	E	A	R	T	B	U	R	N		M	A	G	I	C	
L		R		I		R		I		M		R		A	
E	A	S	E	S		A	F	O	R	E	S	A	I	D	
T				F		R		N				V		E	
E	X	A	M	I	N	E		S	E	A	M	A	N		
			D		E					B		T			
		E	V	A	D	E	D		L	O	U	D	E	S	T
S		A				R		U		N					A
C	E	N	T	U	R	I	E	S		D	R	A	I	N	
A		T		N		F		T		A		C		K	
R	E	A	T	A		T	A	R	A	N	T	U	L	A	
E		G		R		E		E		C		T		R	
D	R	E	A	M	E	R				D	E	P	E	N	D

Crossword 6446

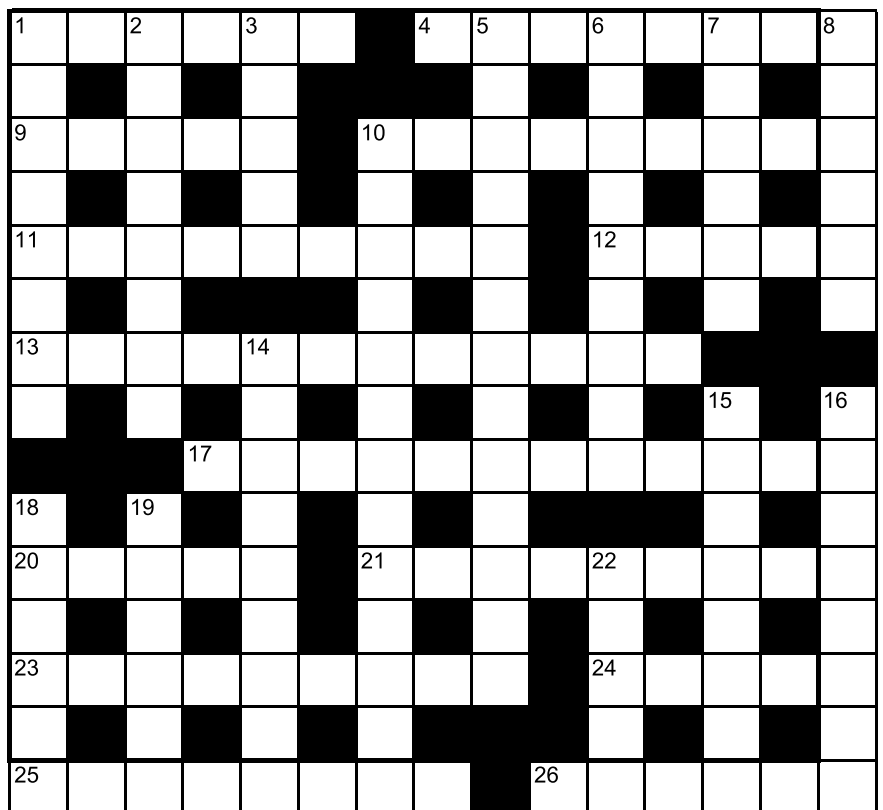
Kindly provided by removals specialist- Laurie Stibbe

ACROSS

- 1 Challenge aggressively
- 4 Chemin de fer
- 9 Frenzied
- 10 Scar
- 11 Blizzard
- 12 Device to lift heavy objects
- 13 Government administrator
- 17 Decreases in density
- 20 Growing older
- 21 Find fault with
- 23 Fern that grows in water
- 24 One of subnormal intelligence
- 25 Most docile; easily handled
- 26 Paid close attention

DOWN

- 1 Longing to return home
- 2 Clear beef or veal soup
- 3 Cords drawn through eyelets
- 5 Public living quarters
- 6 Natural drainage area
- 7 Dried grape
- 8 Larcenies
- 10 Politicians
- 14 Serving to set in motion
- 15 Organised into a system
- 16 Declared to be so
- 18 Eavesdrop
- 19 Young cat
- 22 Organic compound



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